

Programs for Westmoreland Women's Wellness Weekend

Enjoying the Outdoors

- Outdoor Photography
- Birding
- Fossil hunting
- Kayaking
- Nature Journaling
- Geocaching
- Orienteering
- Night Hike
- Fly fishing

Wellness

- Tai Chi for busy people
- Yoga
- Skin Care/Make up tips
- Aroma therapy
- Medicinal Herbs
- Guided Meditation
- Stress Management through breathing

Life Skills

- Green your home using natural alternatives
- Basic automotive maintenance to make your car "green as possible"
- Basic home maintenance/repair
- Building an Aquatic Garden

Fun

- Wine education
- Stargazing